

# **My Name is David, and I'm a Sugar Addict: Stories That Heal Food Dependencies**

by David Vanadia

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PORTLAND, Ore., USA -- My name is David, and I'm a sugar addict. I love sweet things. Eating an entire bag of cookies in one sitting was not unusual for me. Sweets had always been a way to celebrate, a means for relaxing, or a reward for a job well done. Sugary foods were a simple treat and I often found reasons to enjoy cookies, cakes, ice cream or candy. In fact, it became a compulsive behavior.

Eating large quantities of sugar sets a person on a physical and emotional roller coaster. I had gone through phases of quitting sugar which lasted days, weeks, months, and one time managed to quit for a whole year. The longer I'd go without eating sweets, the better I'd feel. It was amazing (and simple).

Although I felt lonely, I knew I couldn't be the only person who  
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